

# GOOD FARE IN WAR-TIME

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### NOTE

At the time of sending to print some of the commodities suggested for use are momentarily in short supply, while others may be similarly affected in the future.

In particular, the supply of milk is restricted. **Dried and Condensed Milk** are, however, excellent substitutes and are supplied instead. Dried skim milk is a first-class food since it contains all the goodness of fresh milk except the fat "with its attendant vitamins A and D." Both dried and condensed milk can be used for the recipes in this pamphlet: follow carefully the directions on the containers, and use in the same way as fresh milk.

**National Flour.**—It will be noted that alternative quantities are given in recipes for the use of National Flour which is now in general supply.

#### **Special Notes for Guidance in use of National Flour.**

- (a) Use rather more liquid but less fat.
- (b) Mix to a somewhat slacker consistency when making pastry, cakes and biscuits.
- (c) Allow mixtures to stand 10–15 minutes before cooking.

**Salt Cod, Fresh and Smoked**, is in good supply at times when fresh fish is difficult to obtain. It is nourishing and economical and can be used for a variety of breakfast, dinner and supper dishes. Several new recipes are added to the section on Fish.

The **Wide Range of Recipes** given in each section of this pamphlet is intended to help the housewife to plan as varied a selection of meals as possible with the ingredients which may be obtained from the shops from time to time. Variety is important; it is easier to maintain a high standard of dietary on a mixed diet; monotonous diet may have an adverse effect upon health.

### **SAVE FUEL. To save fuel plan consumption.**

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# GOOD FARE IN WAR-TIME

THE previous pamphlets issued in this series offered suggestions for making full use of home-produced foods for family meals, in particular of salads and vegetables. The present pamphlet is intended to help in the choice of other foods particularly suitable for conserving health.

New problems of feeding will undoubtedly arise; familiar and useful foods may be scarce from time to time when it will be most important for housewives to choose available foods which give the essentials of a satisfactory diet at a low cost, and to use a wide variety of these foods so as to avoid making too great a demand upon the stock of any particular commodity.

Salads and vegetables (both green and root) which are dealt with in Pamphlet No. 1, should be served regularly during the winter months as they give protection against colds and other ills then prevalent. Green vegetables, such as brussels sprouts, kale, broccoli, turnip tops, spinach and cabbage, and root vegetables, such as carrots, turnips, parsnips, leeks, beetroots, etc., should all be used in turn, but if the full value is to be conserved they must be cooked carefully in a very little boiling salted water in a saucepan with a tightly-fitting lid. Potatoes are in good supply and may with advantage be used at least twice a day.

Amongst the recipes chosen a number of old favourites will be found which are specially adapted to war-time conditions in that they make the utmost use of home-grown foods with the minimum call upon those which come from overseas. Special value is attached to the protective, body-building and energy foods in all seasons and especially for obvious reasons in winter. Stress is therefore laid upon the use of soups and other dishes containing vegetables, salt cod, herrings, tinned salmon, cheese and milk as well as meat, oatmeal and rolled oats, pulses, cereals, etc. Some of the dishes are selected for use in an emergency; they are quickly prepared with few utensils and require little attention while cooking. In some instances the dishes can be made overnight or in the less busy hours of the day and only need to be heated through before serving. To give piquancy and variety, many fresh flavourings have been suggested.

An example of a series of meals containing a wide variety of foods intended for the main meal of the day is included. The commodities suggested are not expensive, they are generally available and together give a large proportion of the day's requirements: other foods will, of course, be needed, but the choice of these is comparatively unimportant if care is exercised in cooking, as careless cooking detracts from the value of food. Suggestions are also made for packed meals which so many people are having to rely upon in these times of emergency; it is equally important that these should be nourishing and appetising.

The quantities given in the recipes are for four people, except in the case of joints. Reference should be made to Pamphlet No. 1, "Salads and Vegetables," for methods of cooking vegetables, for a variety of savoury vegetable dishes and for recipes for sauces.

## SOME MAIN MEALS FOR THE DAY

1. Hotch Potch and Suet Dumplings; Fruit Charlotte and Custard.
2. Rabbit Hot-Pot; Potatoes; Brussels Sprouts; Fruit Turnover and Milk.
3. Mixed Salad, National Bread and Margarine: Fruit Mould and Custard.

**SAVE FUEL. Eat some raw food every day and so save both nutrients and fuel.**

4. Baked Stuffed Herrings; Potatoes; Turnip Tops; Barley Fruit Pudding.
5. Potato, Leek and Cheese Pie; Cabbage; Eccles Roly Poly and Custard.
6. Farced Liver or Liver Hot-Pot; Carrots; Apple Cake and Sweet Sauce.
7. Braised Brisket with Green and Root Vegetables; Fruit Tart and Custard.
8. Savoury Oatmeal Pudding; Potatoes; Spinach; Chocolate Blancmange.
9. Stuffed Sheep's Hearts; Potatoes; Parsnips; Fruit Salad and Custard.
10. Tripe and Onions; Potatoes; Turnip Tops; Fig and Apple Pasty and Milk.
11. Salmon Savoury; Winter Salad; Chocolate Pudding and Sauce.
12. Vegetable Pie; Potatoes; Date or Fig Pudding and Custard.

**NOTE:**

- (1) Allow a slice of National Bread per person for each meal.
- (2) For Recipes, *see* Index.

### PACKED MEALS

A good variety of food stuffs in correct proportions is equally important for packed as for ordinary meals, and the fact that the former must be carried demands ingenuity in planning and preparation. Picnic meals in the past have too often been dry and uninteresting, the plain meat sandwich and jam tart have of necessity given way to a variety of appetising savoury and sweet sandwiches, pies and moulds for which sustaining and health-giving foods are used. A selection of savoury sandwiches, pies and moulds with salad and/or fresh fruit, and a glass of milk makes an ideal, in fact, almost a perfect meal.

Hot soup thick with finely shredded vegetables, scraps of meat and grated cheese, etc., which can be carried in a Thermos flask will undoubtedly be a popular addition to carried meals in wintry weather. Portable pies, if made in patty tins or saucers, allow greater depth for a more generous helping of filling. In fact, it is important that in the case of both sandwiches and pies a generous allowance of filling in proportion to bread or pastry should be given. Individual savoury and sweet moulds may be made in cartons, or in small metal moulds or tins of good quality and carried in these containers. Some salad or fresh fruit should be included with every meal. Salads, e.g. lettuce, watercress, shredded celery, etc., keep fresh for a long time if packed in a small air-tight tin, or in a grease-proof paper immediately after cleansing.

For Savoury Pies, *see* pages 16 and 7.

- „ Sandwich Fillings, *see below*.
- „ Savoury Moulds, *see* pages 12 and 7.
- „ Sweet Moulds, *see* pages 19 and 24.

### Sandwich Fillings

1. Watercress, lettuce, shredded celery or carrot, with hard-boiled egg, cheese or meat—flavoured with salad dressing, chutney or mustard.
2. Scraps of meat with finely chopped pickle or raw prunes mixed with mashed potatoes.
3. Slices of rabbit or brisket mould with mustard and grated carrot.
4. Mashed pulse with chutney, finely chopped pickles or herbs, or chopped raw prunes, or flaked sardine, mackerel or herring.
5. Fruit pulp, shredded celery, raisins, cheese or nuts and grated orange rind.
6. Fruit pulp, chutney and scraps of meat or nuts.
7. Flaked sardines, tinned salmon, mackerel, fried or grilled herring or kipper or salt cod with or without grated carrot or mashed pulse.

**SAVE FUEL. A salad a day to keep both coalman and doctor away.**

8. Scraps of chopped bacon and grated raw carrot.
9. Finely flaked fish with shredded raw green vegetable and chopped fresh herbs or pickle or curry powder.
10. Shredded radishes, watercress and fresh herbs moistened with salad dressing.
11. Grated carrot and cocoa and dried milk.

## SOUPS

Soup can make a nourishing meal in itself, or at any rate a substantial part of a meal. It can be made with water, sliced or grated vegetables, peas, beans or lentils, the outside leaves of greens, scraps of meat or cheese and bacon rinds and bones. The flavour of soup is improved by frying the bones and a little leek or onion in the soup pan before adding the main ingredients, and by the addition of fresh herbs.

In the past, stock was considered an essential foundation to a good soup. The restricted space in modern kitchens and their equipment has led to changes in ways of cooking: quick methods are now usually adopted. Bones, which were previously boiled with vegetables for stock, are now generally added to the soup whilst cooking, and removed just before serving. Bacon bones are especially suitable for the soups in which pulses and vegetables are the principal ingredients.

## GENERAL PROPORTIONS

<i>Dried Vegetable Soup</i>	..	$\frac{1}{4}$ lb. peas, beans or lentils to 1 quart water or pot liquor, 1 breakfastcup fresh vegetables, bones.
<i>Fresh Vegetable Soup</i>	..	1 lb. vegetables to 1 quart water or pot liquor, bones.
<i>Thickening</i>	..	1 oz. flour, barley, or oatmeal to each quart of soup.
<i>Fat</i>	..	$\frac{1}{2}$ -1 oz. fat to 1 quart of soup.
<i>Salt</i>	..	1 tea-sp. salt to 1 quart of soup.

NOTE.—Bones chopped into small pieces, bacon and cheese rinds and giblets may be added to improve flavour; and scraps of meat to increase nourishment (4 table-sp. to 1 quart of soup).

### Carrot Soup

6 Carrots.	Bacon or other bones.
2 or 3 sticks Celery (if available).	1½ pts. Water or Pot Liquor.
1 small Leek or Onion.	Salt and Pepper.
½ tablesp. Fat.	1 tablesp. Flour or
½ pt. Milk.	1½ tablesp. National Flour.

METHOD.—Wash and slice or grate vegetables and fry without browning. Add the washed bones, water and seasoning, and simmer until the vegetables are tender,  $\frac{1}{2}$  to 1 hour according to the size of the vegetables. Do not overcook. Mix the flour smoothly with a little cold milk and add to the soup with remainder of the milk. Boil for 5 minutes, stirring all the time, and serve at once.

#### NOTE:

(1) To vary, use celery, potatoes, beetroot, turnips or swedes, potatoes and onions or leeks as the main vegetable. If potatoes are used beat smooth with the back of a wooden spoon before thickening.

(2) Serve with baked or toasted bread.

**SAVE FUEL. Fruit is coming into season. For a pudding try fresh fruit and national bread and margarine.**

### Hotch Potch

1 lb. Neck of Mutton or Bones and Scraps of Meat.	$\frac{1}{4}$ pt. Fresh or 2 ozs. Dried Peas.
Bacon and Cheese Rinds.	$\frac{1}{4}$ pt. Broad or 2 ozs. Haricot Beans.
1 small Carrot and Turnip or Parsnip.	1 qt. Water or Pot Liquor.
1 Leek or Onion.	1 tea-sp. Salt, $\frac{1}{4}$ tea-sp. Pepper.
1 small Cauliflower with Green (if available) or outside leaves of Cabbage or Lettuce.	1 table-sp. Barley. $\frac{1}{2}$ tea-sp. Sugar. $\frac{1}{2}$ tea-sp. Mint.

METHOD.—Soak pulse overnight if used. Put meat and bones, bacon and cheese rinds into the cold water or pot liquor with the pulse (if used) and allow to boil steadily 1-1½ hours until tender. Prepare fresh vegetables, shred or grate finely and add to the soup with the salt, sugar and other seasonings. Continue to cook  $\frac{1}{2}$  to  $\frac{3}{4}$  hour. Remove bones and rinds, reseason and serve very hot.

### Lentil Soup

Bacon Rinds or 1 table-sp. Bacon Scraps.	4 table-sp. Lentils.
1 Breakfastcup scraps of Carrot, Turnip, and outside sticks of Celery.	Bacon Bones. 1½ pts. Water or Pot Liquor.
	1 table-sp. National Flour.
	$\frac{1}{2}$ pt. Milk.

METHOD.—Melt the fat, add the vegetables, grated or cut into small pieces, and the bacon bones: fry carefully without browning. Add the water or stock, bring to boiling point and simmer gently until tender, about 45 minutes. Mash vegetables against the sides of the saucepan; remove the bacon bones and rinds. Mix the flour to a smooth thin paste with some of the milk. Add with the remainder of the milk to the soup; allow to boil for 5 minutes: season carefully and serve with toast.

### Oatmeal Soup

1 qt. Water or Pot Liquor.	1 Apple or
2 table-sp. Medium Oatmeal.	2 table-sp. Fruit Pulp if available.
1 large Potato.	1 dessert-sp. Curry Powder.
1 large Carrot.	$\frac{1}{2}$ pt. Milk.
$\frac{1}{2}$ Swede or 1 Turnip.	Salt, Pepper.
	2 table-sp. Parsley.

METHOD.—Sprinkle the oatmeal into the boiling water or pot liquor and allow to boil for 5 minutes, stirring all the time. Add the salt, prepared fruit and vegetables (sliced or cut into small pieces) and the curry powder mixed with 2 table-sp. water. Allow to cook steadily for  $\frac{3}{4}$  to 1 hour. When cooked, add the milk and pepper and reheat. Add the finely chopped parsley, stir well and serve very hot.

NOTE.—Add a bone or bacon rinds if available to improve flavour.

### Potato Soup

4-6 Potatoes.	1 table-sp. Rice, Tapioca or Sago.
1 small Onion or $\frac{1}{2}$ Leek.	Pepper and Salt.
2-3 sticks Celery.	1½ pt. Water or Pot Liquor.
1 table-sp. chopped Parsley.	$\frac{1}{2}$ pt. Milk.

**SAVE FUEL. Cook vegetables in a small quantity of boiling salted water in a covered pan.**

METHOD.—Prepare vegetables and cut into rough pieces. Put all the ingredients, except the milk and parsley, into a saucepan and cook steadily for about  $\frac{3}{4}$  hour to 1 hour. Mash with a wooden spoon, add the milk and parsley; reseason if necessary, bring to the boiling point; serve very hot.

NOTE:

- (1) Add one pennyworth of chopped bones if available, and remove before serving.
- (2) To give variety use other vegetables in season, e.g. beetroot, parsnips, artichokes, leek, spinach, turnip, etc. Allow longer time for cooking.
- (3) Flavourings for soup: bacon rinds and scraps of cheese.

### Quick Vegetable Soup

2 large Potatoes.	$1\frac{1}{2}$ pts. boiling Pot Liquor.
2 Carrots.	Seasoning.
1 small Onion.	$\frac{1}{2}$ pt. Milk.
1 Turnip (small).	1 tea-sp. Fat.
	1 table-sp. chopped Parsley.

METHOD.—Peel and slice or grate the vegetables, drop into  $1\frac{1}{2}$  pt. of boiling pot liquor and cook for 30 minutes. Mash with a wooden spoon. Add  $\frac{1}{2}$  pt. of hot milk, 1 tea-sp. fat and 1 table-sp. of chopped parsley. Serve very hot.

### Sheep's Head Broth

1 Sheep's Head.	1 Carrot.
2 qts. Water.	1 Turnip.
2 table-sp. Pearl Barley.	Salt.
1 Leek or Onion (if available)	Chopped Parsley.

METHOD.—Soak the head overnight if possible. Wash thoroughly, put into a pan with sufficient cold water to cover and bring to boiling point. Remove and throw away the water. Put the head into 2 qts. cold water with pearl barley; bring to boiling point and allow to simmer for 2 to  $2\frac{1}{2}$  hours. Add the prepared and sliced or grated vegetables 1 hour before serving. Remove the head; reseason broth, and serve very hot.

*To serve the head*, remove meat from the bones, skin and slice the tongue and chop the brain. Serve in the broth or separately with parsley sauce.

## FISH

Fish such as herring, kipper, mackerel, tinned salmon, sprats and fish roes are good alternatives to meat and are good value for money. Cod, both fresh and salted, haddock and other white fish are also valuable food, especially if served with a well-flavoured sauce made with a foundation of milk and fat. A good stuffing of potatoes and oatmeal or stale bread adds to the nourishment and bulk, thus proving economical when fish is expensive. The oily fish are usually baked, grilled or fried, and coated with oatmeal or breadcrumbs if baked or fried. The white fish, e.g. cod, hake, etc., on the other hand, can be steamed or stewed with white vegetables in a good sauce. Fresh salted and smoked salted cod needs special treatment.

For a complete course or meal, serve fish with potatoes and green vegetables.

### Fresh Haddock

METHOD.—Slit the haddock and clean well. Fill with oatmeal stuffing. Sew up with a thread or fine string. Place the fish flat in a well-greased dish or dripping tin and bake for  $\frac{3}{4}$  to 1 hour. Serve with a piquant, mustard or brown sauce.

**SAVE FUEL. Bake potatoes in the skins amongst the embers.**

### Oatmeal Stuffing

2 table-sp. Medium Oatmeal or  
4 table-sp. National Breadcrumbs.  
1 small Leek or Onion (cooked).  
1 table-sp. melted Fat.

Seasoning.  
 $\frac{1}{4}$  tea-sp. Mixed Herbs or  
1 tea-sp. chopped Parsley

METHOD.—Mix the ingredients and bind with the melted fat and a little milk if necessary. To improve flavour, toast oatmeal in a moderate oven before use.

### Herrings or Mackerel Baked and Stuffed

6 Herrings with Roes.	$\frac{1}{2}$ tea-sp. Fat.
$\frac{1}{2}$ teacup stale National Bread.	Salt and Pepper.
1 tea-sp. chopped Parsley or $\frac{1}{2}$ tea-sp. Mixed Herbs.	

METHOD.—Remove the heads from the fish: clean and wash: split open, flatten with the skin upwards and remove the backbones. Mix the grated stale bread with the roes, herbs, parsley and seasoning and spread on each herring. Roll up and keep in place by tying with a coarse cotton. Put fish in a greased tin or dish: cover and bake for about 15–20 minutes. Remove the lid and allow to brown.

### Mackerel or Herrings Fried in Oatmeal

4–6 medium-sized Fish.	2 table-sp. Medium Oatmeal.
	$\frac{1}{4}$ tea-sp. Salt.

METHOD.—Clean the fish: remove the heads, tails, etc. Mix the oatmeal and salt and coat each fish. Grill or fry. Turn over when cooked on one side.

### Herrings or Mackerel Soused

4–6 Herrings or Mackerel.	$\frac{1}{3}$ pt. Vinegar.
$\frac{1}{2}$ tea-sp. Salt.	$\frac{1}{3}$ pt. Water.
A few Pickled Onions, or 1 Leek or Fresh Onion.	

METHOD.—Cut off the heads and tails, clean and bone the fish. Lay the fish head to tail in a deep tin. Sprinkle with the salt and finely chopped onions, etc. Pour in the vinegar and water barely to cover. Cover the dish and bake in a moderate oven for  $\frac{1}{2}$  to  $\frac{3}{4}$  hour. Serve cold with salad, or hot with green vegetable and baked potatoes.

### Kedgeree

1 lb. cooked Fish.	1 tea-sp. chopped Parsley or
2 table-sp. Rice.	Pinch Dried Herbs or Nutmeg.
1 Egg (optional).	$\frac{1}{2}$ table-sp. Fat.
Seasoning.	1 table-sp. Chutney (optional).

METHOD.—Cook rice (*see page 16*). Remove skin and bone from fish and flake with a fork. Add the cooked rice, chopped egg, parsley, etc. Melt the fat in a saucepan, add the ingredients and stir until really hot. Serve for breakfast, dinner or supper.

NOTE.—To vary, use Herrings, Kippers, tinned Salmon, Cod or Haddock.

**SAVE FUEL. Save fuel by wise planning.**

## Fish Mould

1 lb. raw white Fish.	$\frac{1}{2}$ oz. chopped Suet.
4 table-sp. stale National Bread.	Small teacup of Fish Stock or Milk.
1 Egg (if available).	$\frac{1}{2}$ tea-sp. chopped Parsley.
	Pepper and Salt.

METHOD.—Separate the bones and skin from the flesh and put into a pan with sufficient water nearly to cover. Add seasoning and bay-leaf or spice, and stew gently for 20 minutes to make fish stock. Shred the raw fish finely; grate stale bread; mix all the ingredients together, adding sufficient stock or milk to make a soft mixture. Put into a greased basin, cover with greased paper and steam gently for 1 hour. Turn out and coat with  $\frac{1}{2}$  pt. of sauce.

NOTE.—Make sauce with fish stock and milk. Flavour with chopped parsley.

## Soft Roes

1 lb. Herring or other small Roes.	4 teacups mashed Potatoes. Seasoning.
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METHOD.—Wash the roes and drain well. Place on a greased tin, season, cover and bake in a moderate oven for 10 minutes. Serve with a generous helping of mashed potatoes.

## Fried Hard Roe

1 lb. Cod's Roe.	National Flour or Breadcrumbs. 1 oz. Fat.
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METHOD.—Wash the roe and drain. Wrap in a margarine paper and steam for 30 to 40 minutes. Serve with parsley sauce.

ALTERNATIVE METHOD.—Cut the cooked roe into thick slices, toss in flour and bake on a well-greased tin in a hot oven, or heat through under the griller turning the cakes once or twice. Serve for breakfast, dinner or supper.

## Salmon Pie

1 medium-sized tin of Salmon.	Salt.
$\frac{1}{2}$ pt. White Sauce.	Vinegar.
1 Hard Boiled Egg (if available).	4 Potatoes (cooked and mashed).

METHOD.—Bone and flake salmon, and slice the egg. Add to the sauce, with the seasoning and sufficient vinegar to taste. Put the mixture into a greased pie dish. Cover with mashed potatoes. Cook  $\frac{1}{2}$  hr. in a moderate oven.

### NOTE:

- (1) To vary use white fish such as cod or hake, and chopped parsley.
- (2) For a portable meal, roll pastry to a square and dampen the edges. Place the mixture in a heap in the middle, turn the four corners of the pastry to the centre, and press the edges together firmly. Decorate with a few pastry leaves. Bake in a moderate oven  $\frac{1}{2}$ – $\frac{3}{4}$  hr.

## Sprats

1 lb. Sprats.	Salt, Pepper.
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METHOD.—Wash the fish well, drain, and spread on a greased baking tray.

**SAVE FUEL. Organise cooking to use oven once or twice a week only.**

Season. Bake in a moderate oven 15 minutes; or place under a hot grill 10 minutes, turning the fish over after 5 minutes. Serve with baked or mashed potatoes.

### SALT COD

Fresh and smoked salt cod are now in good supply. This fish is a valuable contribution to the diet at all times, but especially when the meat ration is low. Both types should be ready for use when purchased; both are improved by preliminary "blanching" and by the removal of the skin before blanching, if possible. If it can be spared the addition of  $\frac{1}{2}$  teasp. sugar to the blanching water improves the flavour and generous flavourings of fresh green herbs or watercress add to both taste and nourishment. Salt should be used with care.

#### **Smoked Salted Cod.** For breakfast.

1 lb. Smoked Salted Cod.	1 Bayleaf.
1 tea-sp. Vinegar.	2-3 Peppercorns.
Water.	Parsley or Mixed Fresh Herbs.

METHOD.—Tear skin from cod using a knife, wash thoroughly. Place in a frying pan or other shallow saucepan the skinned side down, with just sufficient cold water to cover, and  $\frac{1}{2}$  teasp. sugar. Bring slowly to boiling point and allow to simmer 3 minutes: pour off the water. Cover fish again with cold water, add vinegar, bayleaf and peppercorns, if available. Bring slowly to boiling point and simmer very gently, 10-15 minutes, according to the thickness of the fish. Serve with a little margarine and finely chopped fresh herbs.

#### **Poached Fresh Salted Cod**

1 lb. Fresh Salted Cod.	1 Bayleaf.
1 tea-sp. Vinegar.	Peppercorns.
Water.	$\frac{1}{2}$ pint Sauce (Parsley, Mustard or Onion).

METHOD.—Tear skin from fish using a knife, wash thoroughly. Place in a shallow pan the skinned side down, adding sufficient cold water to cover and  $\frac{1}{2}$  teasp. sugar. Bring slowly to boiling point and allow to simmer 3 minutes. Pour off the water. Cover fish again with cold water, add vinegar, bayleaf and peppercorns, bring slowly to boiling point and simmer very gently 20-40 minutes, according to the thickness of the fish. When cooked remove fish on to a hot dish, strain off and keep the fish liquor. Dot with margarine and sprinkle generously with chopped parsley. Prepare a sauce in the same pan, using the fish liquor. Serve very hot.

#### **Baked Salted Cod.**

1 lb. Salted Cod (fresh or smoked)	$\frac{1}{2}$ table-sp. Flour or 1 table-sp. National Flour.
1 table-sp. Dripping.	1 tablesp. Parsley (chopped) or Watercress.
1 tea-cup Water or Pot Liquor.	

METHOD.—Tear skin from cod using a knife, wash thoroughly. Place in a pan the skinned side down with just sufficient cold water to cover and  $\frac{1}{2}$  teasp. sugar. Bring slowly to boiling point, and allow to simmer 3 minutes. Pour off the water. Heat the dripping and water in a Yorkshire tin, place cod in the tin and cover with a second tin or lid. Bake in a moderate oven 30-45 minutes, according to the thickness of the cod.

**SAVE FUEL. Make full use of each unit of heat: cook complete meals in one pan.**

To serve—remove the cod from the tin, put to keep hot on a dish. Mix flour or gravy powder with a little cold liquor, add to the liquor in the tin and mix well. Bring to boiling point, adding more liquor if necessary to make a sauce. Add freshly chopped parsley or other fresh mixed herbs. Pour over cod and serve very hot.

### **Curried Cod**

1 lb. Salted Cod.	1 lb. root Vegetables.
Sauce.	
1 table-sp. Dripping.	1 table-sp. Flour or
1 Onion (small) or Leek.	1½ table-sp. National Flour.
1 Tomato.	½ table-sp. Curry Powder.
1 Apple or	2 breakfastcups Fish, Vegetable or
1 table-sp. Apple Pulp.	or other Pot Liquor.

METHOD.—Tear skin from cod using a knife, wash thoroughly. Place in a pan the skinned side down with just sufficient cold water to cover and  $\frac{1}{2}$  tea-sp. sugar to cover. Bring slowly to boiling point, and allow to simmer 3 minutes. Pour off the water. Remove bone and cut fish into slices about  $\frac{1}{2}$  inch thick. Prepare vegetables, cut into thick chunks. Melt dripping in a suitable pan. Add sliced onion or leek, and fry lightly. Add sliced tomato, chopped apple, curry powder and flour, and stir over the heat. Add the pot liquor gradually and stir until boiling. Season with pepper. Add the fish and vegetables and allow to cook steadily 45–60 minutes. Serve with potatoes or boiled rice, if available.

### **Mock Goose.**

1 lb. Salted Cod.	1–2 Onions or Leeks.
1 table-sp. Flour or	4–6 Potatoes.
1½ table-sp. National Flour.	1 breakfast cup Water or Pot
Pepper.	Liquor.
1 table-sp. Sage.	2 table-sp. Dripping.
	1 tea-sp. Vinegar.

METHOD.—Tear skin from cod using a knife, wash thoroughly. Place in a pan the skinned side down with just sufficient cold water to cover and  $\frac{1}{2}$  tea-sp. sugar. Bring slowly to boiling point and allow to simmer 3 minutes. Pour off the water. Remove bone and cut cod into convenient-sized pieces. Mix flour with pepper and sage. Slice onions or leeks finely; peel and slice potatoes. Dip the cod in the seasoned flour and arrange in layers in a dish or tin with the onions and potatoes, leaving a layer of potatoes on top. Add the pot liquor, dot with dripping, and bake in a moderate oven  $\frac{3}{4}$ –1 hour.

Alternatively, heat the fat in a frying pan, arrange the ingredients as above, add the water, cover with a lid or plate, and cook steadily  $\frac{1}{2}$ – $\frac{3}{4}$  hour. Brown underneath just before serving.

**OTHER RECIPES** for the use of **Salted Cod** may be found in "**Food from Overseas**," H.M. Stationery Office, price 3d.

### **MEAT**

Weight for weight of flesh all cuts of meat are of approximately equal value in body-building material, but more care in cooking is necessary to make the cheaper cuts appetising and palatable. In some cases the flesh of the cheaper cuts is coarse and contains a good deal of gristle, thus taking longer time to

**SAVE FUEL. Pack oven to full capacity when in use.**

cook. If, however, the meat is brushed over with a little vinegar or cut in small pieces or minced (by the butcher) the time for cooking can be reduced.

Some of the cheaper cuts may lack savour, but the addition of savoury stuffings\* and vegetables (cooked with the meat) not only adds to the flavour but also helps to make the meat go further. Some typical recipes are given below.

### CHEAPER PARTS OF MEAT

<i>Meat</i>	<i>Cut</i>	<i>Method of Cooking</i>
Beef .. .	Brisket	Bake, stew or braise.
	Flank }	
	Clod }	
	Sticken }	
	Shin }	
Mutton .. .	Skirt	Stew, hot-pots, puddings, pies and soup.
	Breast	
	Neck ..	
Pork .. .	Pickled	Stew (with rabbit), oatmeal, potato and other vegetable dishes.
Veal .. .	Breast	Stuff and bake.
	Neck ..	Stew.
	Knuckle	Stew and soup.
	Veal Pieces	Stew, soup, puddings, pies.

The **itch bone**, **flank** and **brisket of beef**, and the **breast of mutton** and **veal**, may be baked. For good results, place in a covered tin with a little water and fat, and cook in a really hot oven for 20 minutes. Finish cooking very slowly for a long time, basting frequently. The aitch bone is economical if a large family joint of 6 lb. or more is required.

*Time for cooking.*—At least 30 minutes for each pound and 30 minutes over.

### Baked Brisket of Beef

**METHOD.**—Wash the meat and put into a baking tin with  $\frac{1}{2}$  teacupful of water and a little dripping; cover with another tin to prevent the escape of the steam. Cook very quickly for 20 minutes and then *very* slowly. Time allowed, 30 minutes to the lb. and 30 minutes over or even longer if the meat appears to be tough. Baste from time to time.

Serve with—

- (a) Potatoes or Parsnips cooked in the pan with the meat.
- (b) Yorkshire Pudding; or
- (c) Plain Suet Dumpling which may be steamed or baked.

**NOTE.**—Adopt similar method for Aitch bone or Flank.

### Brisket (Braised)

1 table-sp. Fat or Bacon Pieces.	Carrot and Turnip.
2 lb. Brisket.†	Salt and Pepper.
About $\frac{1}{2}$ pt. Water or Pot Liquor.	

**METHOD.**—Heat the fat in a stewing-pan, add meat and brown on both sides. Remove from the pan, put in sliced vegetables and cook for 7–10 minutes.

\* For Oatmeal Stuffing see page 6.

† Sufficient for 2 or 3 meals

**SAVE FUEL. Arrange shelves conveniently in the oven whilst cold.**

Place meat on top, cover with margarine paper, add seasoning and pot liquor and cook very slowly with lid on for about 2 hours. Serve very hot.

**NOTE:**

- (1) Use as for Rabbit Mould on page 14.
- (2) Pressed Brisket. To serve cold, lift out meat and remove bones. Press between two plates or in a pie dish until cold. Serve with salad or use for sandwiches.

**Stuffed Breast of Mutton**

Breast of Mutton (2 lb.).*	2 ozs. Oatmeal Stuffing.†
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METHOD.—Bone meat and use bones for stock or gravy. Remove surplus fat and render down. Spread meat with stuffing, roll up and tie securely. Bake for about  $1\frac{1}{2}$  hours basting from time to time. Serve hot with thickened gravy and vegetables, or cold with salad.

NOTE.—Adopt the same method for veal.

**Melt and Skirt Pudding**

$\frac{1}{2}$ lb. Skirt.	2 Carrots (sliced).
$\frac{1}{2}$ lb. Melt (or Liver or Ox Kidney).	1 gill of Pot Liquor or Water.
1 table-sp. Seasoned Oatmeal.	Seasoning.
1 medium Parsnip (sliced).	$\frac{1}{2}$ lb. Suet Pastry (page 22).

Line basin with suet pastry; wash and cut up the meat finely and dust with seasoned oatmeal. Fill the basin with the meat, vegetables and pot liquor; cover with round of pastry, seal the edge. Cover and steam for two hours.

**Seaman's Pie**

$\frac{1}{2}$ Cabbage or Outside Leaves of Greens.	1 table-sp. scraps of Fat.
3 Carrots.	2 ozs. Shin of Beef.
1 lb. Potatoes.	2 ozs. Melt or Black Sausage.
1 Turnip.	Seasoning.
Pot Liquor or Water.	1 or 2 Bones.
	2 table-sp. Rolled Oats.

**Suet Pastry**

8 table-sp. National Flour.	8 table-sp. White Flour.
1 tea-sp. Baking Powder.	$\frac{1}{2}$ tea-sp. Baking Powder.
Salt.	Salt
2 table-sp. Shredded Suet.	2 table-sp. Shredded Suet.
1 small raw Potato (grated)	1 small raw Potato (grated).
Water to mix.	Water to mix.

METHOD.—Prepare the vegetables. Shred the cabbage and onion finely; cut the carrots, turnip and potatoes into rough pieces. Melt fat in a large pan; add the sliced turnip and fry for a few minutes without browning. Add the rolled oats, minced beef, the prepared and sliced melt, and sufficient pot liquor nearly to cover; season, bring to boil. Add the remainder of the vegetables and more pot liquor if necessary, cover with a tightly fitting lid and allow to cook for 45 minutes. Make the suet pastry. Roll to the size of the pan lid and place

\* Sufficient for 2 or 3 meals.

† For Oatmeal Stuffing see page 6.

**SAVE FUEL. Keep stoves, flues and equipment clean.**

on top of the vegetables and meat. Replace the lid and allow to simmer for 30 to 40 minutes. Cut pastry across into number of pieces required (4). Serve very hot.

### **Internal Meats, Liver, Kidney, Melt, Hearts, etc.**

Melt, kidney, liver, hearts and tripe contain valuable protective and body-building foods. These meats can form the basic ingredients of meals or they can be added in small quantities to other savoury dishes to give flavour and extra nourishment.

#### *To Prepare—*

1. Soak in warm salted water for 15 minutes.
2. Remove outer skin and trim if necessary.
3. Squeeze out water and dry.

NOTE.—Liver should not be over cooked: it should be added to stews, hot pots, etc., 30 minutes before the dish is to be served.

### **Liver Stew**

$\frac{1}{2}$ lb. Liver (or Melt or Ox Kidney).	2 Carrots.
1 table-sp. Dripping.	1 table-sp. Medium Oatmeal.
1 Leek, Onion or Parsnip.	$\frac{3}{4}$ pt. Water or Pot Liquor.

METHOD.—Wash meat thoroughly and cut into thin slices or pieces. Heat the fat, fry the vegetables and oatmeal lightly, add the water and allow to boil for 30 minutes, stirring occasionally. Add the liver and simmer for half-an-hour. Serve very hot. (Allow longer for melt or kidney than for liver.)

### **Farced Kidney, Liver or Melt and Bacon**

$\frac{1}{2}$ oz. Fat.	1 lb. tin Tomatoes (optional).
$\frac{1}{2}$ Leek, Onion or Parsnip.	$\frac{1}{2}$ lb. Liver, Melt or Kidney.
2 table-sp. stale National Bread.	2 or 3 table-sp. scraps of Fat Bacon.
	$\frac{1}{2}$ pt. Water or Pot Liquor.

METHOD.—Melt the fat, grate the vegetable finely and fry slightly brown; add the grated stale bread and the tomatoes. Wash and skin the meat, cut into thin slices and place in a greased tin or fire-proof dish. Spread the vegetable mixture on top of each slice, cover with scraps of fat bacon, pour round the pot liquor, cover and bake in a moderate oven for about 30–60 minutes according to type of meat. For liver only 30–40 minutes.

### **Sheep's Heart Pie**

2 Sheep's Hearts.	Seasoning.
2 table-sp. Bacon Scraps.	Water or Pot Liquor.
1 Carrot or Onion (chopped or grated).	4 ozs. Suet Pastry (4 ozs. Flour).

METHOD I.—Wash hearts and cleanse thoroughly: cut into slices. Arrange in a pie dish with the carrot, bacon scraps and seasoning; add water or pot liquor. Cover with the pastry, bake in a hot oven for 30 minutes, and then in a moderate oven for 1 hour.

METHOD II.—Stew the sheep's hearts with the carrot, bacon and seasoning, in sufficient water nearly to cover, for 30 minutes. Turn into a pie dish, cover with pastry, and bake in a hot oven for 30 minutes.

**SAVE FUEL. Scrape plates and dishes, and wipe cutlery before washing up.**

**Stuffed Ox Heart**

1 Ox Heart (1 lb.).

Savoury Stuffing (*see page 6*).

METHOD.—Soak the heart in salt and water. Wash and cleanse thoroughly; remove blood and cut off coarse fat and skin. Fill the cavities of the heart with the stuffing and tie up. Place in a covered baking tin with a little water and dripping, and bake in a really hot oven for 15 minutes: finish cooking very slowly for a long time basting frequently. Time  $2\frac{1}{2}$  hours. Serve with brown gravy.

NOTE.—Adopt a similar method for sheep's hearts. Time for cooking  $\frac{3}{4}$  to 1 hour.

**Tripe**

1 lb. Tripe (prepared).

Salt and Pepper.

2 Leeks, Onions or Carrots.

1 table-sp. Flour or

 $\frac{1}{2}$  pt. Water. $1\frac{1}{2}$  table-sp. National Flour. $\frac{1}{4}$  pt. Milk.

METHOD.—Cut tripe into neat pieces. Put into saucepan with the vegetables and water. Simmer slowly  $1\frac{1}{2}$  to 2 hours until tender. Season well. Ten minutes before serving mix the flour to a smooth paste with a little of the milk and add with the remainder of the milk to the tripe. Allow to boil for 5 minutes. Serve with toast or crisp baked bread.

**Trotters**

2 Pig's Feet.

1 Onion (if available).

2 pts. Water.

2 Carrots.

1 Turnip.

METHOD.—Scrape and wash pig's feet. Simmer in the water with the vegetables and seasonings until tender (about 2 hours). Remove large bones from the feet. Serve hot with pease pudding or allow to set in a mould and serve cold with salad.

## NOTE:

- (1) To increase nourishment add  $\frac{1}{4}$  lb. shin of beef cut into small pieces.
- (2) Adopt the same method for cow heel.

**RABBITS**

Full use should be made of rabbits as they are very nourishing and add variety to the diet at a time when some other foods are scarce. They may be stuffed and baked, stewed in white or brown sauce, curried or used for soups, savoury moulds, puddings, pies and sandwiches.

To PREPARE.—Cleanse and remove heart, liver, etc., from the inside. Cut into joints and soak in cold salted water for 2-3 hours. The heart and the liver may be chopped and added to stuffing if the rabbit is to be baked or they may be included with the other ingredients if stewed.

Bacon and onions are usual accompaniments to rabbit, but as these may be in short supply from time to time, celery, leeks, parsnips, or other root vegetables should be used.

Oatmeal stuffing adds to the nourishment especially when bacon is scarce and the addition of dried herbs or fresh herbs improves the flavour.

**SAVE FUEL. Wash up once or twice a day in big batches.**

### Rabbit Mould

2 Pig's Feet (order split).	Water.
1 Leek or Onion.	1 small Rabbit.
2 Carrots.	Salt, Pepper, Spice.

METHOD.—Wash the pig's feet and put into a pan with the onion and sufficient water to cover. Simmer gently 1-1½ hours. After soaking, joint the rabbit and add to the pig's feet and cook until tender, 1-1½ hours. Add more water if necessary. Cool slightly, strain off the stock, and remove meat from the bones and cut into small pieces. Season the stock with salt, pepper and spice and bring to boiling point. Add the meat (there should be just enough liquid to cover the meat). Serve very hot with green vegetables, potatoes and crisp baked bread or put into a basin or a pie dish to set. When cold turn out and serve with a salad.

NOTE.—To vary use brisket or shin of beef instead of rabbit.

### Rabbit Pie

1 small Rabbit.	Salt, Pepper, Pinch of Herbs.
Bacon Rinds.	Water.
2 Carrots.	

METHOD I.—Soak rabbit, prepare and joint. Stew until tender with the bacon rinds and seasonings. Strain off the stock and allow meat to cool. Place in a pie dish with the sliced carrots and sufficient stock nearly to cover. Cover with a short crust pastry made with dripping (*see* page 26) and bake in a moderate oven 30-40 minutes to cook the crust.

METHOD II.—Place the jointed raw rabbit, vegetables, seasonings and stock in a pie dish. Cover with pastry. Bake in a hot oven for 30 minutes and then in a moderate oven for 1-1½ hours.

NOTE.—The flavour is improved by this method.

### Rabbit Hot-pot

Bacon Rinds or 1 tea-sp. Fat.	3 or 4 sticks Celery (optional).
2 large Carrots.	Cup of Water.
3 or 4 Potatoes.	1 small Rabbit.

METHOD.—Melt the fat or frizzle the bacon rinds in a saucepan. Add the prepared celery and fry without browning. Add the remainder of the prepared vegetables, the water and the seasoning. Cut the prepared rabbit into joints and put on top of the vegetables. Cover with a well fitting lid and allow to stew 1-1½ hours according to the size of the rabbit. Sprinkle with chopped parsley and serve very hot.

NOTE.—Adopt this method for cooking tripe, brisket, ox cheek, clod, lambs' tails and other cheap parts of meat.

## PULSE FOODS

Pulse foods (dried beans, peas and lentils) are good alternatives to meat, especially if served with a variety of fresh vegetables: they lack fat, however, and should be cooked with small scraps of fat meat or bacon, or served with fat meat, e.g., pork and bacon. If well flavoured and savoury the pulses

**SAVE FUEL. Sift and use cinders.**

may form the basis of a large variety of satisfying and nourishing meals. Haricot and butter beans are the most valuable, but all pulses contain minerals and body building material; they are relatively cheap, they keep well and occupy little storage space.

### PREPARATION

Soak beans and peas overnight in boiled water: do not add salt. Lentils need not be soaked as they cook quickly.

### COOKING

Cook soaked beans and peas in boiling water until tender before adding other ingredients (exception: pease pudding). Time varies with the kind of pulse: beans dried whilst young will soften in 1 hour, others may require 2–3 hours.

### FLAVOURINGS

1. Boil with bacon rind or bones and cheese rinds.
2. Add parsley or other fresh herbs, fried leeks, onions, or root vegetables.
3. Cook in meat stock and add scraps of meat.

Pulse Foods may be served alone with a savoury sauce, i.e. White, Parsley, Mustard (*see Pamphlet No. 1, Salads and Vegetables*), or they may be used as the foundation for Soups (page 3), Savoury Roasts and Vegetable Dishes (page 17), Hot-pots (pages 17 and 18), Vegetable Pies (page 18), Au Gratin Dishes (page 17), Curries (page 16).

**NOTE.**—Beans, Peas or Lentils may be used in the following recipes, but the time for cooking will vary according to the pulse used.

#### Savoury Butter Beans

6 ozs. Haricot or Butter Beans.	1 table-sp. grated Cheese or 1 table-sp. chopped Parsley. Seasoning.
2 Turnips or	
1 Swede.	

**METHOD.**—Soak the beans overnight in boiled water. Cook slowly in boiling water for about  $1\frac{1}{2}$  hours. Add the turnips (cleaned and sliced)  $\frac{1}{2}$  hour before beans are cooked. Strain, put into a fire-proof dish and cover with a savoury sauce (parsley, brown or mustard) made with bean liquor. Sprinkle with grated cheese and grated stale bread and brown under the griller or in the oven.

#### Pulse Savoury

$\frac{1}{2}$ lb. Peas, Beans or Lentils.	2 or 3 Carrots.
2 ozs. Rice or Macaroni.	Seasoning.
1 Onion.	$\frac{1}{2}$ tea-sp. Powdered Sage.
1 Apple or 2 table-sp. Apple Pulp.	1 tea-sp. Fat.
	$\frac{1}{2}$ pt. Brown, White or Parsley Sauce.

**METHOD.**—Soak the pulse overnight. Cover well with water and allow to cook for 15 minutes to 2 hours according to the pulse. Add the macaroni or rice 20 minutes before the pulse is cooked, and allow to cook until soft and the water is absorbed. Mix the finely sliced onion and apple and the grated carrot with the sage and seasoning. Melt the fat in a deep tin or pie dish and arrange the vegetables, macaroni and pulse in the tin. Cover with the sauce. Sprinkle with grated stale bread and a little grated cheese and bake for 30 minutes.

**SAVE FUEL. Adjust dampers to direct and conserve heat in coal stoves.**

### Lentil and Potato Pie

$\frac{1}{2}$ lb. Lentils.	Seasoning.
2 Parsnips or Onions.	6-8 Potatoes.
$\frac{1}{4}$ lb. minced fresh Meat or Bacon Scraps.	

METHOD.—Soak lentils overnight, add chopped onion and cook with lentils in sufficient water nearly to cover till both are soft. Mash well and season. Steam, mash and season potatoes. Spread layer of lentils and onions and minced meat in a deep baking tin or pie dish. Cover with a thick layer of mashed potatoes and dot with small pieces of dripping. Bake for 1 hour till brown. Serve with good brown gravy and greens.

### Haricot Hot-pot

$\frac{1}{2}$ lb. Haricot Beans.	2 Carrots or Onions.
$\frac{1}{4}$ lb. fresh minced Meat.	Water or Pot Liquor.
	Seasoning.

METHOD.—Wash haricots and soak overnight. Cook in soaking water till quite soft so that they will mash easily. Season well. Spread alternate layers of mince and grated vegetables and haricots in a tin or pie dish leaving a layer of haricots on top. Add water or pot liquor to fill tin  $\frac{1}{2}$  full. Bake for  $\frac{3}{4}$  to 1 hour to cook meat and carrots and to brown haricots. Serve with brown sauce, greens and potatoes.

### Curried Lentils (or other pulse)

$\frac{1}{2}$ lb. Lentils.	1 tea-sp. Flour.
1 tea-sp. Fat (preferably Bacon).	$1\frac{1}{2}$ tea-sp. National Flour.
1 small Leek, Onion or Carrot.	1 tea-sp. Curry Powder.
1 Apple.	1 table-sp. Vinegar.
2 table-sp. Sultanas.	1 teacup Water.
	2 table-sp. Rice.

METHOD.—Soak lentils overnight in boiled water. Melt fat, add chopped vegetable and fry lightly. Add chopped apple, sultanas, flour, curry powder, vinegar and water and allow to boil. Add lentils and allow to cook steadily until soft (about  $\frac{1}{2}$  hour). Season and serve with hot boiled rice.

#### NOTE:

(1) *To vary, use beans or peas.* Soak overnight and cook in the usual way. Add to the curry sauce and heat through for about 20 minutes.

(2) *Adopt this method for serving—*

- (a) Hard-boiled eggs.
- (b) Potatoes (whole or in large pieces), artichokes, beetroot, parsnips, etc.
- (c) Cooked meat or fish.

These mixtures may also be heated in mustard or brown sauce and served with boiled rice or macaroni.

(3) *Curried Meat.*—For raw meat cut into convenient sized pieces and fry in the fat before making the sauce; return to the sauce and cook for 1-1½ hours according to the meat used.

*To cook Rice.*—Rice 2 ozs. Water 1 quart. Wash rice and sprinkle into boiling salted water. Boil fast for 10 to 15 minutes (stirring occasionally) until soft. Strain and keep in a hot place until ready for use. Reserve rice water for soup.

**SAVE FUEL. Damp slack and place at the back of a glowing fire.**

### Pulse Au Gratin

$\frac{1}{4}$ lb. cooked Peas, Beans or Lentils.	1 tea-sp. Fat.
$\frac{1}{4}$ lb. mashed Potatoes. Seasoning.	$\frac{1}{2}$ pt. of White, Brown or Tomato Sauce. 1 table-sp. grated Cheese.

METHOD.—Cook the pulse and mash with a fork. Mix with the potatoes, seasoning and fat and spread in a pie dish or deep baking tin. Cover with sauce. Sprinkle with cheese and grated stale bread, and brown in the oven or under the griller.

### Lentil Roast

$\frac{1}{2}$ lb. Lentils.	1 teacup Milk.
2 large Carrots.	1 teacup stale National Bread.
4-6 Potatoes.	Pepper and Salt.
	Pinch of Sage.

METHOD.—Boil lentils and sliced carrots in a *little* water until tender. Add the grated raw potatoes, and bread, soaked in the heated milk, seasoning, etc. Mix well and pack mixture about 2 in. thick into a baking tin. Bake in a moderate oven for  $\frac{1}{2}$  hour. Cut into squares and serve with a good gravy.

### Pease Pudding

$\frac{1}{2}$ lb. Split Peas.	$\frac{1}{4}$ tea-sp. Salt.
1 tea-sp. Dripping.	$\frac{1}{4}$ tea-sp. Pepper.
	$\frac{1}{4}$ tea-sp. Fresh or Dried Mint.

METHOD.—Soak peas overnight. Tie loosely in a pudding cloth and cook in a pan of boiling water, in soup or with boiled bacon (time about  $2\frac{1}{2}$  hours). Hold cloth with the peas over the pan to drain off the water. Turn peas into a basin and mash with a fork and add the other ingredients. Reheat and serve with vegetables and a good gravy or with bacon hock.

## SAVOURY VEGETABLE DISHES

The value of green and root vegetables has already been referred to in the opening paragraph. Meat, fish, bacon, or cheese or pulse (peas, beans or lentils) cooked with green and root vegetables can form together savoury and nourishing meals or parts of meals. Here are some recipes.

### Carrot and Rice Hot-pot

1 small Cabbage.	2 pts. Pot Liquor or Water.
1 tea-sp. Fat.	Seasoning.
4 large Carrots.	Fresh or Dried Herbs.
1-2 Bones.	1 small teacup Rice.

METHOD.—Shred the cabbage finely and fry in the dripping without browning. Add the carrots cut into thick slices, the bones, liquid, seasoning and herbs. Simmer for about  $\frac{1}{2}$  hour and add the washed rice and stew until tender: add more liquid if necessary. Sprinkle with chopped parsley and serve very hot (time  $\frac{3}{4}$  to 1 hour).

**SAVE FUEL. Make brickettes with coal dust.**

### Carrot and Potato Hot-pot

$\frac{1}{2}$ table-sp. Fat.	2 table-sp. Medium Oatmeal or Rolled Oats.
1 Leek or Onion (optional).	1 tea-sp. Salt.
1½ lb. Potatoes.	$\frac{1}{4}$ tea-sp. Pepper.
1 large Carrot.	$\frac{3}{4}$ pt. Milk and Water.

METHOD.—Grease a deep tin with the fat. Prepare and slice vegetables. Arrange all the ingredients in the tin. Cover and bake 1-1½ hours. Remove cover for the last 10 minutes and allow to brown.

NOTE.—Use other vegetable, i.e. parsnips, turnips, etc., to give variety.

### Savoury National Pudding

8 table-sp. National Flour.	$1\frac{1}{2}$ table-sp. Dried Milk.
1 medium raw Potato (grated).	2 rashers Bacon (chopped)
1 table-sp. Suet or hard Fat (chopped)	(bacon ends)
1 tea-sp. Baking Powder.	1 table-sp. chopped Parsley
1 small Onion (chopped).	<i>or</i> 1 tea-sp. Mixed Herbs.

METHOD.—Mix all ingredients well together. Add enough water to make a soft dough. Turn into a greased basin or tin and steam 1½-2 hours or bake in a greased Yorkshire tin 1 hour. Serve with brown gravy.

### Savoury Potato Pie

A few scraps of Fat.	$1\frac{1}{2}$ lb. Potatoes mashed with Milk.
1 Leek, Parsnip or Onion.	2 or 3 Tomatoes (if available).
$\frac{1}{4}$ lb. minced cooked Meat.	Seasoning.

METHOD.—Melt the fat and fry the leek or onion but do not brown. Add the meat, mashed potato and tomatoes. Season well: put into a pie dish, cover with a good gravy or dot with fat and sprinkle with grated stale bread. Reheat under the griller or in the oven.

### Turnip Pie

4 medium Turnips.	$\frac{1}{2}$ teacup stale National Bread.
4 Tomatoes (optional).	Grated Cheese from rinds.
Seasoning.	1 tea-sp. Fat.
	1 teacup Milk.

METHOD.—Prepare and slice the turnips and cook in sufficient boiling salted water to cover the bottom of the pan for about 15 minutes. Arrange in a "Yorkshire" tin or casserole in layers with the sliced tomato and seasoning. Add the milk: sprinkle with grated bread and cheese: dot with fat and brown off in the oven or under the griller.

### Vegetable Pie—I

Remains of cooked Vegetables Root and Green.	4 table-sp. cooked Haricot Beans or other Pulse.
$\frac{1}{2}$ pt. Mustard Sauce or Gravy.	2 table-sp. stale National Bread- crumbs.
1 table-sp. Bacon Scraps or other Fat.	Salt and Pepper.

METHOD.—Cut the vegetables into convenient sized pieces and add to the gravy with the haricot beans. Heat the bacon scraps or fat in a "Yorkshire"

**SAVE FUEL. Read the meter regularly.**

tin: add the vegetables: sprinkle with grated stale bread, and heat through in a moderate oven for about 20 minutes. Serve crisp and very hot.

### **Vegetable Pie—II**

1 breakcup cooked Haricot Beans.	3 or 4 Mushrooms (if in season).
2 Tomatoes (optional).	1 table-sp. Fat.
$\frac{1}{2}$ Cauliflower.	Seasoning.
1 small Leek or Onion (optional).	$\frac{1}{2}$ pt. Pot Liquor.
4 Potatoes.	1 Hard-Boiled Egg (if available).
2 medium Carrots.	6 ozs. Short Crust Pastry.

METHOD.—Prepare and slice vegetables. Stew until tender with the pot liquor, fat and seasoning, omitting tomatoes. Place vegetables in a pie dish with the sliced, raw tomatoes on top and sufficient liquor nearly to cover. When cool, cover with oatmeal pastry and bake for 30–40 minutes in a moderate oven.

### **OATMEAL AND ROLLED OATS**

Oatmeal and rolled oats are valuable foods: they are home produced, plentiful and reasonable in price. They are used for porridge, oatcakes, and biscuits, and for haggis, and may be used with advantage for other savoury dishes to which scraps of meat and vegetables may be added. Flavouring and seasoning are important when oats are blended with other ingredients. Oatmeal is especially useful for coating fish before baking or frying, and for sauces instead of flour.

### **Breakfast Dish**

4 level table-sp. Rolled Oats.	4 table-sp. chopped Nuts (optional).
$\frac{1}{4}$ pt. Water.	2 table-sp. chopped Dates or
1 Apple or other fruit.	1 tea-sp. Sugar and 1 grated Carrot.

METHOD.—Soak the oats overnight in the water. Add the chopped apple, nuts and syrup. Mix thoroughly and serve cold at once.

### **Baked Savoury Pudding**

1 breakcup stale National Bread.	2–3 Carrots.
$\frac{1}{2}$ pt. Milk.	1 tea-sp. Dried Sage.
2 table-sp. Oatmeal.	Salt and Pepper.
1 table-sp. Suet or other hard Fat.	1 Egg (optional).
1 Leek, Onion or Parsnip.	Bacon Rinds.

METHOD.—Soak the bread in hot milk. Beat with a wooden spoon. Add the oatmeal, chopped suet, grated vegetables, sage and seasoning. Frizzle the bacon rinds in a "Yorkshire" tin, add the mixture and spread evenly. Bake until set and brown on top in a moderate oven for  $\frac{3}{4}$ –1 hour. Cut into squares and serve with a good sauce, e.g., brown or mustard.

### **Crunch**

1 table-sp. Margarine.	2 cups Rolled Oats.
1 table-sp. Golden Syrup.	1 table-sp. Coconut or other chopped Nuts (optional).
$\frac{1}{4}$ tea-sp. Salt.	

METHOD.—Beat the margarine until soft and creamy. Add the syrup and work together. Mix the rolled oats, coconut and salt, and work gradually into the margarine. Spread on a shallow greased tin and bake in a moderate oven for about 20 minutes until brown. Mark off in squares and cut through when cold.

**SAVE FUEL. Switch off both electric oven and hot plates before food is cooked.**

## Fruit and Oatmeal Mould. See page 25.

### Gingerbread

2 teacups National Flour.	Pinch of Salt.
1 teacup fine Oatmeal.	$\frac{1}{2}$ tea-sp. Mixed Spice.
1 table-sp. Fat.	$1\frac{1}{2}$ tea-sp. Baking Powder.
$\frac{1}{2}$ teacup Sugar.	2 table-sp. Treacle or Syrup.
1 tea-sp. Ground Ginger.	1 Egg.

Milk if needed.

METHOD.—Mix flour and meal, rub in fat and add the dry ingredients. Melt the treacle in a small pan and add to the dry ingredients with a beaten egg and a little milk if necessary to make a stiff consistency. Turn into a well-greased "Yorkshire" tin, bake in a fairly hot oven for 15 minutes and then in a moderate oven for 30 to 40 minutes.

### Hasty Pudding

6 table-sp. Oatmeal (medium).	3 table-sp. chopped Suet.
1 Onion or Parsnip.	1 pint cold Water.
Pepper and Salt.	

METHOD—Chop onion, add the oatmeal, suet and seasoning. Mix with cold water and put into a greased basin to steam (3 hours), or bake in a greased "Yorkshire" tin ( $1\frac{1}{2}$  hours). Turn out and serve with gravy.

NOTE.—For a sweet pudding omit onion and add 2 table-sp. dried fruit and  $\frac{1}{2}$  table-sp. syrup, or sugar and 1 large grated carrot.

### Mock Haggis

2 teacups Oatmeal.	1 tea-sp. Salt.
$\frac{1}{2}$ teacup Bacon Ends or Hard Fat.	$\frac{1}{4}$ tea-sp. Pepper.
1 Leek or Onion.	$\frac{1}{2}$ tea-sp. Bicarbonate of Soda. Milk or Pot Liquor.

METHOD.—Mix all the ingredients evenly and add sufficient milk or pot liquor to make a moderately stiff consistency. Put into a well-greased bowl or deep tin and steam for about  $2\frac{1}{2}$  hours. Serve with a good gravy, green vegetables and potatoes.

NOTE.—To vary and increase nourishment add  $\frac{1}{4}$  lb. raw minced meat, or 2 ozs. liver, melt, ox kidney or lights.

### Meat and Oatmeal Savoury

1 teacup stale National Bread.	4 table-sp. Medium Oatmeal.
1 tea-sp. Fat.	$\frac{1}{2}$ tea-sp. Salt.
$\frac{1}{2}$ Leek or Onion (chopped).	$\frac{1}{4}$ tea-sp. Pepper.
1 pt. Pot Liquor.	Scraps of raw minced Meat or Bacon.
2 Carrots.	

METHOD.—Melt the fat in a pan, add the chopped leek and fry for about five minutes. Add the pot liquor, bring to boiling point, sprinkle in the oatmeal and cook for 15–20 minutes, stirring occasionally. Add the bread, grated carrot, seasoning, and meat and a little extra liquor if necessary to form a firm dough. Press into a well-greased "Yorkshire" tin using bacon fat if possible. Mark in squares and bake in a quick oven for about  $\frac{3}{4}$  to 1 hour. Serve with a good gravy and vegetables.

**SAVE FUEL. Always use the heat above the griller.**

### Oatmeal Dumplings

2 table-sp. Medium Oatmeal.	1 tea-sp. Baking Powder.
4 table-sp. National Flour.	$\frac{1}{2}$ tea-sp. Salt.
2 table-sp. grated Suet or other hard Fat.	Water to mix.

METHOD.—Mix the oatmeal, fat, flour, baking powder and salt. Mix to a dough with water. Form into small balls and simmer gently in soup or stews for 20 minutes.

### Oatmeal Mince

1 pt. Water or Pot Liquor.	1 Onion or Leek (optional).
2 table-sp. Medium Oatmeal.	$\frac{1}{4}$ – $\frac{1}{2}$ lb. Shin of Beef (minced).
2 Carrots.	Seasoning.

METHOD.—Sprinkle oatmeal into the boiling liquid and allow to boil, stirring all the time, for 5 minutes. Add the meat, the grated carrot, onion and salt and mix well. Allow to cook steadily for  $\frac{3}{4}$  to 1 hour. Reseason. Serve very hot with crisp bread, potatoes and greens.

### Oatmeal and Carrot Porridge

4 table-sp. Oatmeal (medium).	1 large Carrot.
1 tea-sp. Salt.	1 $\frac{1}{2}$ pints boiling Water.

METHOD.—Sprinkle the oatmeal into the boiling salted water. Stir for about 5 minutes. Add the grated carrot and cook very slowly with the lid on for 45 minutes, stirring from time to time to prevent burning. Serve hot with milk or pour into a wet mould, turn out when cold, and serve with stewed fruit.

### Oatcake Biscuit

4 ozs. National Flour.	2 table-sp. Margarine or Dripping.
6 ozs. Medium Oatmeal.	Pinch of Salt.
1 tea-sp. Sugar.	$\frac{1}{2}$ tea-sp. Baking Powder.

METHOD.—Mix dry ingredients thoroughly. Add sufficient milk to bind well together. Roll out about  $\frac{1}{8}$  inch thick, cut into squares and prick. Bake in a moderate oven about 15 minutes.

### Parkins

4 table-sp. Flour.	$\frac{1}{4}$ tea-sp. Ground Cinnamon.
4 table-sp. Fine Oatmeal.	$\frac{1}{4}$ tea-sp. Ground Ginger.
1 table-sp. Fat.	Pinch Mixed Spice.
$\frac{1}{2}$ tea-sp. Salt.	1 Egg.
$\frac{1}{2}$ tea-sp. Bicarbonate of Soda.	1 table-sp. Syrup.

METHOD.—Rub fat in flour. Add all the dry ingredients and mix to a soft dough with the egg and heated syrup. Divide into pieces, form into balls and flatten into biscuits. Bake in a moderate oven for about 20 minutes.

### Rolled Oats Pudding

4 table-sp. Rolled Oats.	1 large Carrot.
2 table-sp. Sultanas, Raisins, Chopped Dates or Figs.	$\frac{1}{2}$ table-sp. Syrup or Sugar.
	1 pt. Milk.

METHOD I.—Heat the milk in a saucepan, sprinkle in the oats and grated carrot and cook until soft (time depends on the type of oats). Add the syrup or sugar and fruit and serve hot with custard or sauce.

**SAVE FUEL. Do not leave electric hot plates on "full" for more than five minutes.**

METHOD II.—Cook the oats and carrot as for Method I. Place the fruit in the bottom of a greased pie dish. Pour the oats mixture over and bake until crisp in a moderate oven about 10–15 minutes.

METHOD III.—Cook as for Method I. Turn into a wet mould; when set turn out and serve with custard.

### Sweet Haggis

2 teacups Oatmeal.	1 Leek or Onion (grated).
$\frac{1}{2}$ teacup chopped Suet or Dripping.	Seasoning.
$\frac{1}{2}$ teacup chopped Figs or Raisins or other Dried Fruit.	$\frac{1}{2}$ tea-sp. Curry Powder. Milk or Pot Liquor to mix.

METHOD.—Mix all the dry ingredients together. Add sufficient liquid to make a moderately stiff consistency. Put into a well-greased bowl, cover and steam for about  $2\frac{1}{2}$  hours, or put into a well-greased "Yorkshire" tin and bake in a moderate oven  $1\frac{1}{2}$  hours. Serve as for Mock Haggis.

### SAVOURY ROLLS, PUDDINGS AND TURNOVERS

Steamed or baked savoury rolls with substantial and nourishing fillings are especially appetising in cold weather. Suet pastry makes an excellent crust and with a variety of fillings, nourishing and savoury additions to packed meals may be made.

Meat, fish, pulse, vegetables or a mixture of these ingredients are all suitable for fillings.

### Suet Pastry

8 table-sp. National Flour.	2 table-sp. Suet or hard Fat.
1 teasp. Baking Powder.	Water to mix.
Pinch Salt.	

METHOD.—Mix dry ingredients thoroughly, add the grated fat. Mix to a soft dough with water and use as required for rolls, puddings and turnovers, etc.

I. *Rolls*.—Roll pastry to an oblong shape about  $\frac{1}{4}$  inch thick. Spread filling to within one inch of the sides, dampen edges and roll up tightly. Secure in a margarine paper and steam 1 to  $1\frac{1}{2}$  hours according to the filling used—raw meat  $1\frac{1}{2}$  hours, cooked meat, vegetables and fish, etc., 1 hour. To vary, bake  $\frac{3}{4}$  to 1 hour according to filling.

II. *Plate Tarts*.—Divide pastry into two portions, roll each  $\frac{1}{4}$  inch thick and to a size a little larger than the plate. Cover the plate with one portion, pressing the pastry well round the edges without stretching. Place filling in the centre, dampen edges, cover with the second piece of pastry and press the edges firmly together with a fork or the end of a spoon. Bake  $\frac{3}{4}$  to 1 hour according to the filling.

III. *Envelope Tarts*.—Roll pastry to a square  $\frac{1}{4}$  inch thick. Place filling in the centre and dampen the edges. Draw the corners of the pastry to the centre and press the edges together firmly. Decorate the centre with pastry leaves and bake  $\frac{3}{4}$  to 1 hour according to filling.

NOTE.—For individual tarts prepare pastry as above and divide into the number of pieces required. Make in patty tins or saucers or cut into squares or rounds for pasties as preferred. Bake in a moderate oven for 15 to 30 minutes according to the filling used.

**SAVE FUEL. Use a pan to cover the whole surface of the electric hot plate.**

## Savoury Fillings

1. 2 ozs. cooked Liver or 1 Black Sausage (chopped or minced). 2 tea-sp. Chutney (optional). Seasoning. A little Pot Liquor or Gravy.
- 1 table-sp. scraps of Bacon.  
2 Carrots (grated).
2. 2 table-sp. raw minced Beef or Veal.  
2 Carrots (grated).  
2 table-sp. cooked Porridge.
- 1 tea-sp. chopped Parsley.  
Seasoning.  
Gravy to bind.
3.  $\frac{1}{2}$  lb. Sausage Meat.  
1 Carrot (grated).  
Gravy to bind.
- 1 small Leek (grated).  
Seasoning.
4. 2 table-sp. minced Meat, Kidney, Pluck or Fry.  
2 table-sp. cooked Pulse.  
 $\frac{1}{4}$  tea-sp. Mixed Herbs.  
1 tea-sp. chopped Parsley.  
Seasoning.  
Gravy to bind.
5. 1 lb. Swedes and Carrots (grated).  
Seasoning.  
1 table-sp. grated Cheese.  
1 tea-sp. Chutney.  
Gravy to bind.
6.  $\frac{1}{4}$  lb. lean Mutton.  
1 small Leek (grated).  
1 Carrot (grated).  
2 tea-sp. chopped Parsley.  
Gravy to moisten.
7. 1 lb. cooked boned Herrings or 1 small tin Salmon.  
2 tea-sp. chopped Parsley.  
Seasoning.  
Fish Liquor or Sauce to moisten.
8.  $\frac{1}{2}$  lb. Cod or Hake (cooked and flaked.)  
1 hard-boiled Egg.  
2 tea-sp. Gherkins or Parsley chopped.  
Sauce to moisten.  
Seasoning.

### NOTES ON SAVOURY ROLLS, ETC.

- (1) Serve hot with a good gravy and vegetables or cold with salad.
- (2) For carried or emergency meals make into individual pies.

## PUDDINGS

A variety of attractive puddings may be made by adding different flavourings and fruit to a foundation recipe. The nourishment of all puddings is increased by the addition of eggs and milk and if served with junket or sauce made with a foundation of milk, i.e. vanilla, custard or chocolate sauce.

### FOUNDATION RECIPE FOR STEAMED PUDDINGS

- |                                   |                          |
|-----------------------------------|--------------------------|
| 8 table-sp. National Flour.       | Pinch of Salt.           |
| 2 table-sp. chopped Suet or Lard. | 1 tea-sp. Baking Powder. |
| 2 table-sp. Sugar.                | Milk to mix.             |

To vary, add the following mixtures as desired:—

1. *Chocolate Pudding*.—1 table-sp. Cocoa and a little extra Sugar.
2. *Eccles Pudding*.—1 chopped Apple, 6 or 8 stoned Dates or Figs or other Dried Fruit.

**SAVE FUEL. Turn off gas immediately food is cooked.**

3. *Fruit Pudding*.—3 table-sp. Dried Fruit—chopped Figs, Dates or Prunes, Currants, Raisins or Sultanas, or a mixture of two or three.
4. *Treacle Pudding*.—2 table-sp. Treacle or Syrup,  $\frac{1}{2}$  tea-sp. Ground Ginger.

**NOTE.**—Add pinch of spice, cinnamon or nutmeg or 2 tea-sp. grated orange or lemon rind.

**METHOD.**—Mix all the dry ingredients thoroughly, add the milk and mix to a dropping consistency. Pour into a well-greased bowl and steam  $1\frac{1}{2}$  to 2 hours.

**NOTE—**

- (1) Mixtures containing dried fruits should be slightly firmer than others.
- (2) These mixtures may, if liked, be baked in tins of the "Yorkshire" pudding type. Time—1 to  $1\frac{1}{4}$  hours.

## MORE RECIPES FOR PUDDINGS

### Bread Pudding

1 breakcup stale National Bread.	2 table-sp. mixed Dried Fruit.
$\frac{1}{4}$ pt. Milk.	$\frac{1}{2}$ tea-sp. Mixed Spice.
1 table-sp. Fat.	1 tea-sp. Black Treacle or Syrup.
1 table-sp. Sugar.	1 tea-sp. Baking Powder.

**METHOD.**—Soak the bread in hot milk for 10 to 15 minutes. Flake with a fork. Add the other ingredients and mix well. Grease and sugar a "Yorkshire" tin, add the mixture and bake  $\frac{3}{4}$ —1 hour in a moderate oven, or steam in a covered basin for  $1\frac{1}{2}$  hours.

### Eve's Pudding

2 ozs. Fat.	6 ozs. National Four, or
$2\frac{1}{2}$ ozs. Sugar.	3 ozs. Flour and
1 Egg (dried or Fresh)	2 ozs. Fine Oatmeal.
$\frac{1}{4}-\frac{1}{2}$ Pint Milk.	$\frac{3}{4}$ tea-sp. B.P. $\frac{1}{2}$ lb. Sweetened Fruit Pulp.

**METHOD.**—Cream the fat and sugar thoroughly. Add the egg, milk and flour alternately, beating all the time. Add the baking powder with the last of the flour. Place the fruit pulp at the bottom of the pie dish, cover with the cake mixture and bake in a moderate oven 30–40 minutes.

### Economical Apple Pudding

6 table-sp. National Flour.	1 tea-sp. B.P.
1 table-sp. Fat.	1–2 Cloves.
1 Apple.	Pinch of Salt.
2 table-sp. Dates or Prunes.	Milk and Water to mix.

**METHOD.**—Rub the fat into the flour. Add the dry ingredients, the chopped apple and the fruit, etc., and mix to a dropping consistency with milk and water. Place in a well-greased tin and bake for about 1 hour. A few minutes before serving, dust with  $\frac{1}{2}$  table-sp. sugar and allow to brown.

**SAVE FUEL. Do not use a large gas burner when a small one will do.**

### **Fig Charlotte**

6 ozs. Figs.	1 table-sp. Suet or hard Fat.
1 breakcup. stale National Bread.	1 table-sp. Syrup.
4 table-sp. Water.	

METHOD.—Soak figs overnight and stew with the syrup and water. Remove figs and chop. Soak the bread in the fig liquor, mash well with a fork, add the shredded suet and figs and mix well. Pour into a greased "Yorkshire" tin and bake in a moderate oven  $\frac{1}{2}$ – $\frac{3}{4}$  hour.

### **Fruit and Oatmeal Mould**

2 table-sp. Medium or Fine Oatmeal.	$\frac{1}{2}$ level tea-sp. Bicarbonate of Soda.
$\frac{1}{2}$ pt. Water.	2 table-sp. Sugar.
1 lb. Fruit Pulp or stewed stoned Prunes.	

METHOD.—Sprinkle oatmeal into boiling salted water, stir for 5 minutes, cover, allow to cook steadily for 30 minutes. Add the fruit pulp, sugar and bicarbonate of soda 10–15 minutes before the oatmeal is cooked. Stir well. Turn into a wet mould. When set turn out; serve with a suitable sauce or custard.

### **National Chocolate Pudding**

$\frac{1}{2}$ table-sp. Dried Milk.	1 teacup Water.
2 table-sp. Sugar.	1 breakcup. stale National Bread.
1 table-sp. Cocoa.	1 table-sp. Fat.

METHOD.—Mix dried milk, sugar and cocoa with the water. Heat and pour on to the bread and allow to soak 10–15 minutes. Beat with a fork. Add the fat. Turn into a pie-dish and bake  $\frac{3}{4}$  hour, or steam in a covered basin for  $1\frac{1}{2}$  hours.

### **National Ginger Sponge**

4 table-sp. National Flour.	1 table-sp. Dried Milk.
4 table-sp. National Breadcrumbs.	1 tea-sp. Ground Ginger.
2 table-sp. Sugar or Syrup.	1 tea-sp. Baking Powder.
1 $\frac{1}{2}$ table-sp. Margarine.	$\frac{1}{2}$ –1 teacup Water.

METHOD.—Mix all dry ingredients thoroughly. Rub in the margarine. Mix to a moist consistency with water. Turn into a greased pudding basin and cover with margarine paper. Steam 2–2 $\frac{1}{2}$  hours.

### **Patriotic Pudding**

6 table-sp. National Flour.	$\frac{3}{4}$ tea-sp. Baking Powder.
2 table-sp. Fat.	Pinch of Salt.
1 table-sp. Jam, Treacle or Syrup and 1 grated Carrot.	2 tea-sp. grated Orange or Lemon rind (if available).
	Milk and Water to mix.

METHOD I.—Rub the fat into the flour, add the rest of the dry ingredients and mix well. Add the jam and carrot, heated in four table-sp. of milk and mix to a soft mixture adding more milk or water if necessary. Turn into a well-greased bowl, cover and steam for 1 hour.

METHOD II.—Place jam and carrot in the bottom of a well-greased bowl, make the mixture as above, mixing the dry ingredients with the milk only.

**SAVE FUEL. Never allow gas to flare up round the sides of pans.**

### Sweet Surprise

6 table-sp. National Flour.	1 table-sp. Suet or Lard.
2 table-sp. National Breadcrumbs.	2 table-sp. Sultanas or other Dried
1 medium raw Potato (grated).	Fruit (optional) or 1 table-sp.
1 medium raw Carrot (grated).	Sugar.
1 tea-sp. Baking Powder.	1 tea-sp. Syrup or Treacle.
$\frac{1}{2}$ tea-sp. Spice.	Salt.
	Milk to mix.

METHOD.—Mix all the dry ingredients thoroughly. Add milk and mix to a dropping consistency. Put into a greased basin, steam for 2 hours. Serve with a chocolate sauce.

### SOME “ODD” RECIPES

#### New Pot Pie (North-Country Dish)—Filling

2 table-sp. minced raw Meat.	1 large Carrot (grated).
2 table-sp. medium Oatmeal	Seasoning.
(steep overnight).	

METHOD.—Mix these ingredients together, adding more water if necessary, to make a soft mixture. Prepare a soft suet crust (see page 22) in the basin to be used for cooking the “pot pie.” Remove a tablespoonful of pastry for the top. Spread the rest of the pastry round the basin with a knife. Drop the mixture in quickly and cover with the spare piece of pastry. Steam for  $1\frac{1}{2}$ —2 hours. Serve with a good gravy and a green vegetable.

#### Mince and Oatmeal Pudding

4 table-sp. National Flour.	1 large Carrot (grated).
2 table-sp. medium Oatmeal	1 oz. Suet or other hard Fat.
(steep overnight).	$\frac{1}{2}$ tea-sp. Baking Powder.
3 oz. minced raw Meat.	Seasoning.
	Water.

METHOD.—Mix all ingredients thoroughly, adding water if necessary to make a soft mixture. Steam for  $1\frac{1}{2}$ —2 hours. Serve with a green vegetable.

#### Carrot “Fillings” for Tarts and Sandwiches

To two finely grated carrots add *one* of the following: (1) 1 tea-sp. Jam, (2) 1 table-sp. Cocoa, (3)  $\frac{1}{2}$  tea-sp. ground Ginger, (4) 4—5 stoned and chopped Dates or Prunes.

#### Short Pastry

8 table-sp. National Flour.	2 table-sp. Fat.
1 tea-sp. Baking Powder.	1 tea-sp. Sugar.
Pinch of salt.	Water to mix.

METHOD.—Mix the dry ingredients thoroughly, rub in the fat until like fine breadcrumbs. Add sufficient water to mix to a soft dough, and use as required for pies, plate tarts and turnovers.

NOTE.—Brush over with water and sprinkle lightly with sugar before baking.

**SAVE FUEL. Cover pans used for boiling liquids.**

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**SAVE FUEL. Do not heat more water than you require**

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